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The Sacramento



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Volume 2, Number 9

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September 21, 1983

Court Quashes Sebastiani Initiative Remap Attempt

The state Supreme Court crushed Republican hopes of political dominance in California next year by ruling unconstitutional Republican assemblyman Don Sebastiani's reapportionment initiative.

In an unusual unsigned opinion endorsed by six of the seven justices, the court vetoed a Dec. 13 special statewide election called by Gov. George Deukmejian. The Associated Press reported.

A side effect of the Sept. 15 decision will be to enhance the chances for passage of AB1. Agnos' lesbian/gay employment rights bill, which was stalled in the state Senate for lack of favorable votes. Several senators were unwilling to vote for AB1 if they were going to have to run for election in new districts next year.

The court said the initiative violates a 76-year-old state constitutional rule allowing only one reapportionment per decade, after the federal census.

The proposed ballot measure would have thrown out the current legislative and congressional district lines and substituted a pro-Republican plan.

The current districts were drawn by the Democratic majority in the Legislature and signed into law by Democratic Gov. Edmund Brown Jr. in January.

They generally protect incumbents in the Legislature and the state's congressional delegation. Currently, Democrats outnumber Republicans by 28-17 in the state's congressional delegation and hold majorities of 48-32 in the state Assembly and 25-14 with one independent in the state Senate.

The only dissenter from the decision, Justice Frank Richardson, who is also the sole remaining appointee of former Gov. Ronald Reagan, called the ruling a "defeat of the people's right to vote."

Assembly Republican leader Robert

Naylor of Menlo Park said Republicans will be looking at the possibility of another initiative, for the November 1984 ballot, that would amend the state constitution to allow a new reapportionment by initiative.

But the decision prompted celebrations in the state Senate, where the Sebastiani initiative was opposed by many Republicans as well as Democrats because it would have reapportioned them out of their districts.

Deukmejian had called the special election despite criticism of its estimated \$15 million cost. He said waiting until the next regularly scheduled election in June would be too late for the initiative, signed by 570,000 people, to affect 1984 races.

The court's ruling means Sebastiani's measure cannot appear on any state ballot.

The 36-page opinion was based on a once-a-decade limit for reapportionments that stems from a constitutional amendment adopted by the voters in 1878 and interpreted by the court in 1907.

Sebastiani's lawyers argued that the once-per-decade rule did not apply to initiatives, since the power of initiative was not established until 1911. The court's majority rejected that argument.

"The constitutional limitations that bind the Legislature apply with equal force to the people's reserved power of initiative," the opinion said.

"...The instability that would arise from not applying the once-a-decade limitation to initiatives would reintroduce some of the very evils against which the limitation was directed."

The unsigned opinion was endorsed by Chief Justice Rose Bird and Justices Stanley Mosk, Allen Broussard, Joseph Grodin, Otto Kaus and Cruz Reynoso. *



STAR Photo by Robi McGavin

Women Take Back The Night

Women and children marched through downtown Sacramento Sept. 16 to reclaim their right to be free from the fear of violence, while men attended rap groups to discuss sexism and violence. A rally on the steps of the Capitol followed the march.

Crane Woos Voters After Censure For Affair With Female Page

Conservative Republican Rep. Daniel B. Crane of Illinois, facing the voters in his district for the first time since he was censured for having sex with a 17-year-old female page, got repeated ovations from sparse crowds Aug. 10 as he campaigned on job issues and promised a fact-finding tour of Central America, The Associated Press reported.

Only one person asked the 47-year-old Republican about the scandal and he said, "I know I did wrong. I've confessed and asked forgiveness of my God, my wife and my children."

With his wife, Judy, by his side, he said, "I still believe in the Ten Commandments. And I think they're just as good today as they were then."

"I know what right is, even though I may have done wrong."

He accused Democrats in the House of "hanky-panky" on last year's jobs bill and said he feared an invasion by 50 million Central American refugees.

Crane told members of a crowd at the Danville (Ill.) YMCA that they should judge him on his House floor record and that his colleagues in Congress have urged him to seek a fourth term.

"Now if that is a situation contrary to your concept, you have a prerogative, come March, to vote me out," he said as he met his eastern Illinois constituents for the first time since his July 20 censure by the U.S. House.

Questioners at three meetings in Crane's conservative, Farm Belt district asked about subjects ranging from Central America to the state school for the deaf.

Crane said that "environmental freaks" have driven up utility bills. And he said "Marxist terrorists" are "mov-

ing up the coastline."

In an editorial comment on the censure of Crane and Rep. Gerry Studds of Massachusetts, The Nation magazine said, "An antiabortionist and advocate of the infamous Squeal Rule (which required federally funded clinics to inform parents after their teen-age daughters had been given prescription birth control devices), the 'pro-family' Crane has now been fairly exposed as a tried and true hypocrite." *

★★★★★★★★★★★★

Vote Sept. 27!

The Star Endorses

- ★ Anne Rudin for Mayor
- ★ Grantland Johnson, Council District 2
- ★ Tim Howe, Council District 4
- ★ Lynn Robie, Council District 8

Although the ballot is short in this election—the mayoral race and the council races—it is still important that you vote. Our community can demonstrate its impact on the city through the ballot box—and the people elected will be making decisions that affect us all.

Vote on Tuesday, September 27.

★★★★★★★★★★★★



STAR Photo by Tim Warford

RCDC Hosts Candidates

City Council hopeful Tim Howe addressed River City Democratic Club members Sept. 18. Candidates Lynn Robie and Grantland Johnson (at left) and mayoral candidate Anne Rudin also spoke. The affair raised \$664 for RCDC-endorsed candidates.

HEALTH

What's Known About AIDS: The State Of The Art

By HARVEY THOMPSON, M.D.

One-third of the pages in the August 1983 issue of "Annals of Internal Medicine" concerned AIDS.

National Case-Control Study

The first of the two main portions was the long-awaited Health Department case-control study of Kaposi's sarcoma and Pneumocystis carinii pneumonia in homosexual men: both their epidemiology and laboratory results.

The following are some key points:

Epidemiology

1. People with AIDS (PWAs) had a median of 61 partners/year, more than twice the number of partners had by the controls (healthy gay men), who averaged 26/year.
2. Cases were more likely to have exposure to feces during sex (via anal, ano-genital, or fisting). In fact, it was astounding to find that 52 percent of the cases had inserted their hands into a partner's rectum sometime during the year prior to interview.
3. Drug use (marijuana, cocaine, heroin, amphetamines, barbiturates, LSD, Quaaludes, or MDA) was also more commonly seen among cases, though it was not isolated to one particular drug.
4. There were no differences between the cases and controls in terms of frequency of the receptive role in sex.
5. Amyl nitrate did not show up more frequently among AIDS cases than controls. Known lifetime exposure (days of use) to nitrates, however, was greater for cases than controls.
6. Higher proportions of sex partners from bathhouses were strongly associ-

ated with cases of AIDS.

7. No differences among the cases or controls were found in levels of income or education; one-third of AIDS cases were earning more than \$20,000 a year, and the median education of cases and controls was 16 years!
8. The conclusion was that AIDS as manifested by Kaposi's sarcoma and Pneumocystis carinii pneumonia was associated with certain aspects of lifestyle seen in a subgroup of the male homosexual population.

Laboratory

1. Cases had lower numbers of lymphocytes and, specifically, the helper type of T-lymphocytes. More than 75 percent of cases had ratios of helper to suppressor (the well-known T-cell ratio) lower than the lowest of control healthy gay men (0.6 vs. 1.4 for controls).
2. The lymphocytes of case were less likely to respond to known stimulators of lymphocytes.
3. Epstein-Barr virus antibodies (the cause of Mononucleosis) were significantly more often present in cases.
4. CMV (cytomegalovirus) titers were higher in cases than in controls. Also, the virus was cultured from urine and throat swabs more often in cases than in controls.
5. Antibody to hepatitis-A was more commonly seen among cases than among controls. This was not true for hepatitis-B.

UCLA Conference

The second main feature in the August "Annals of Internal Medicine" was an excellent, up-to-date, complete discussion of AIDS by the UCLA faculty from the departments of gastroenterology, im-

munology, epidemiology, and oncology.

This gem is a concise, well-written, and sympathetic summary that can be obtained by writing the chief author, Dr. Michael Gottlieb, Department of Medicine, UCLA School of Medicine, Los Angeles 90024. For a complete state-of-the-art presentation it can't be beat.

Kaposi's Sarcoma

1. KS is more often multi-focal than a single-lesion presentation.
2. KS accounts for up to 10 percent of all cancers in Uganda and Kenya. It has a distribution similar to that of Burkitt's lymphoma, a cancer associated with Epstein-Barr virus.
3. Kaposi's sarcoma can occur in virtually any organ of the body. Fifty percent of cases have large and small intestinal involvement when they are examined for KS lesions.
4. Interferon is achieving complete or partial responses in up to 50 percent of cases. These are not cures; instead they are responses of yet-undetermined duration.

Gastroenterology

1. Of GI (gastro-intestinal) pathogens, the cryptosporidiosis parasite is the most serious and ominous because it has no treatment.
2. Weight loss is the most striking early clinical feature in AIDS cases with the infectious type of presentation.
3. Generally, overt skin lesions are present with GI Kaposi's sarcoma, but two of the 25 patients had no skin lesions despite KS in the bowel.

Immune System

1. Antibody responses to immunization were reduced (possible B lymphocyte?), but ordinary bacterial infections (such as staph, strep) were not

present.

2. Only 50 percent of AIDS cases with KS had decreased lymphocytes, whereas all patients with the infectious presentation of AIDS had reduced numbers.
3. Either helper T-cell decreases or suppressor T-cell increases can make a T-cell ratio low. Susceptibility to AIDS may depend upon which is present, not merely the ratio of the two.
4. Persistence of immunodeficiency is a major feature of AIDS; only two of 21 patients have had return-to-normal immunity.

Epidemiology

1. No cases of AIDS existed before 1979; further, complete recovery has not yet occurred in a person with AIDS.
2. There are cases of females seemingly getting AIDS from a partner who is not a drug abuser, suggesting that transmission can occur through heterosexual contact.
3. Only 20 heterosexual patients have KS, compared to 445 cases among homosexual or bisexual men. KS is becoming more and more the "gay cancer," like it or not. KS is seen 20 times more often in that high-risk group than in the other three (heroin addicts, Haitians, and hemophiliacs).
4. Cytomegalovirus seems to be heterogeneous by gene-typing. Apparently more than one CMV strain is associated with the AIDS epidemic.
5. By 1985 (18 more months), 20,000 persons will have AIDS. God bless Dr. Gottlieb for his closing statement: "Given the exponential rise in the number of cases and the cruel nature of the disease, we hope that efforts will soon yield important information on causes, therapy, and prevention."*

Learn Clogging: Classes Start September 28 For Newcomers

By JOE BALESTRERI

What's the rave in town? Punk haircuts? Home computers? Jazzercise?

No, it's clogging.

And what is clogging?

It's definitely an American folk dance, but its roots are found in Europe, Africa, and Native America. One of the oldest, most traditional clogging melodies is "Cotton-Eyed Joe," which black slaves originally sang while working in the fields of the South. All these cultures mixed, and American clogging first appeared in Appalachia.

Looking at cloggers, you're reminded of tap and square dancing, both of which can claim clogging as their parent. Shivers go up and down your spine as you watch and listen

to dancers stomping, kicking, and shuffling to bluegrass, country, or folk music—or even a capella.

Would you like to give it a try? You have an opportunity to clog right here in River City.

Starting Wednesday, September 28, a beginner's class will run from 7 to 8:30 p.m. every Wednesday for eight weeks. It's being held at Coloma Community Center, 4623 T Street, in the Volcano Room (listen for the earth-shaking sound, too!). The cost is \$25, plus a room fee of about \$5.

Ron Brewer is the instructor. He's a member of the wild and woolly Barbary Coast Cloggers of San Francisco (whom you may have seen in the Lesbian/Gay Freedom Parade or here in Sacramento at The Parking Lot). Ron is an excellent teacher who

organized a very successful country dance and music festival this year at the Reno Gay Rodeo.

Sacramento's very own cloggers, Sutter's Stompers, will be on hand to assist Ron. The group formed out of Ron's first class last April, and in four months went from total ignorance to standing ovations at the Rodeo in Reno.

The beginners' class is open to men,

women, young, old, gay or not. Don't worry about your physical condition: people of all sizes and shapes have successfully learned clogging.

It's going to be a long, wet winter, say the meteorologists, and clogging is one good way to stay warm. Don't forget the Sutter's Stompers' motto: "Hot damn, let's dance!"

For more information, call me at 441-1959 or Rich at 448-2036.★

Square Dancing Resumes In October With Reunion, Beginners' Night

The Capital City Squares, Sacramento's gay square dance club, is just completing a very successful year. Among the highlights were the popular Hoe-Down in March, dancing in San Francisco's Gay Freedom Day Parade, and an exhilarating four days at the Reno Gay Rodeo.

The club's long ambition for a new home has been realized. When the CCS begin their third year of square dancing at 6:30 p.m. on October 11, they will be located in the Carousel Restaurant in the Arden Fair Mall, 1689 Arden Way. The room, which is well-lighted and air-conditioned, and has a hardwood dance floor, is an ideal setting for the CCS to flourish.

The fall schedule begins with "Opening Night" on October 11. For the Reunion Dance on October 18, everyone who has ever danced with the CCS in the past is being invited to return on October 18 for an evening of review dancing and socializing.

On October 25, Beginners' Night, everyone who has ever thought about square dancing is invited to come and try it out.

If you have attended one of the Capital City Squares hoe-downs or club nights and wished you were dancing, now is your chance. If you witnessed all of the great square dancing at the recent Reno Rodeo and wished you were dancing, now is your chance. The time is now to sign up for the beginners class which is a prerequisite for full membership in the Capital City Squares.

You will learn the sixty-eight steps leading to mainstream dancing in an atmosphere of fun and gaiety. Dancing takes place every Tuesday evening along with assorted parties, pot-lucks, hoe-downs, and dances with clubs around the country.

Enrollment in the new beginners' class is open for three weeks starting October 25 thru November 8. For additional information call 486-0150.★

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'Minnie's Boys' Salutes Marx Bros.

Reviewed by TIM WARFORD

Most people are familiar with the Marx Brothers—Groucho, Harpo, Chico, Zeppo, and Gummo. But Julie, Adolph, Leonard, Herbie, and Miltie Marx are not nearly so familiar. They are the same set of brothers; the difference is between their given names and their stage names.

"Minnie's Boys," now at the Chautauqua Playhouse, 25th and R Streets, is a musical that attempts to show us the real Marx Brothers and how their real-life antics became part of their comedy routines. Written by Groucho's son Arthur Marx and Robert Fisher, "Minnie's Boys" is directed by Roger Hoopman.

The musical portrays the brothers' mother Minnie as the driving force in her sons' careers. Boots Martin does a good job as the stereotypical Jewish mother.

Bob Nathan (Julie), Gilmore Rizzo (Adolph), and Guy Beck (Leonard) deliver their lines with the timing of the famous comedy team. Their makeup and costuming make it easy to see the resemblance to the brothers they portray.

However, if you want to see the Marx Brothers in the costumes they're famous for, you have to wait till the last act.

Even out of the famous and distinc-

tive Marx Brothers attire, the brothers still ham it up and are outrageous.

What do you do when you're supposed to appear as a quartet and you only have a trio? If you're the Marx Brothers, someone gets to play two people.

What do you do when you have a chance to play the Palace, but all your props are being held until you pay the rent? If you're the Marx Brothers, you charm the landlady and sneak your belongings out under her nose.

These scenes, as well as others, such as breaking a contract via the "sanity clause," found their way into the Marx Brothers' movies.

Musically, Rizzo's singing of "Mama, A Rainbow" is especially memorable. His voice is clear and smooth.

The choreography, by Ron Cisneros, is hampered by a stage that is too small to handle the number of performers on it in several numbers. This, and the theatre's poor-quality sound system, are the major flaws of the production.

Despite these difficulties, "Minnie's Boys" is uproariously funny, a fitting tribute to the legendary brothers.

For reservations, call 451-9604. *

Italian Gay Men Seek 'Cugini'

By JOE BALESTRERI

My first awareness of erotic desires for men came to me at my Grandma's house in North Beach, San Francisco's Italian community. One day, snooping in my uncle's room, I found a stack of weight lifting magazines and I knew where my interests were.

That house was the scene of many wonderful experiences for me. My family brought Sicily with them to the New World, and kept it alive with language, cooking, and music. There was—and still is—lots of love, hugs and kisses, good food, comedy and tragedy.

One thing I wanted very badly was a gay cousin or aunt or uncle to confide in. Someone who understood what it was like to discover you're homosexual in a good, Catholic,

Italian family.

Anyway, I've finally found those long-sought gay Italian "cugini" (cousins), and I want to share them with all you gay men who are of Italian descent or love things Italian.

There's a new organization forming in the Bay Area, a sort of gay Sons of Italy, and we're all invited to join.

The group is called "Egli," which in Italian means "He." Pronounce it "eh-yee."

I attended one of their first functions in August. There were 25 or 30 of us. The host did all the cooking and his food was excellent. And while there, I discovered that the cook really is a cousin of mine. Eureka!

If you would like more *informazione* about Egli, call me at 441-1959, or write to Garrett C. D'Aloia, 133 Steiner Street, San Francisco 94117. *

AIDS/KS Foundation Gets \$60,000 Grant From County For Operations, Education

The Sacramento AIDS/Kaposi's Sarcoma Foundation has received a grant for \$60,000 from the County of Sacramento, to assist the Foundation in covering many of its operating and programing expenses from October 1, 1983, through June 30, 1984. This grant includes an emergency grant for \$5,500, which the Foundation received on June 28, 1983.

The Sacramento County Board of Supervisors unanimously approved the grant on August 23. Supervisors present included Chairman Ted Sheedy, Illa Collin, Sandra Smoley, Bill Bryan, and C. Tobias Johnson. Speaking in support of the grant was Dr. Ron Usher, Director of the Sacramento County Health Department.

The grant is in the form of a contract between the Sacramento AIDS/KS Foundation and the Sacramento County Health Department. In return for this financial

support, the Foundation will continue to provide its public health information, education programs and personal support services to the residents of Sacramento County. Included among these programs and services are public forums, printed materials, a telephone information line (448-AIDS), support groups for people with AIDS, and support groups for concerned people who do not have AIDS.

This grant, however, does not take care of all the financial needs of the Foundation. The Foundation will continue to welcome private contributions and fundraising events, especially those which are earmarked for AIDS research.

If you are interested in donating money for research contact the Sacramento AIDS/KS Foundation at 448-AIDS or visit the office at 2115 "J" Street, Suite 3, between 9 a.m. and 5 p.m. Monday through Friday. *

AIDS Groups Band Together

The 38 founding organizations of the Federation of AIDS-Related Organizations (F.A.R.O.) have invited all organizations around the world who have Acquired Immune Deficiency Syndrome (AIDS) on their agenda to join with them in an exciting effort to coordinate AIDS activities both here in the United States and internationally. Over 100 groups are expected to join the effort.

"The strength that all of us will have by joining hands in what has become a political battle as well as a medical and community one, will serve to energize all member organizations in what is now being seen as a long, tough fight," noted Ron Vachon, P.A., Executive Director of the National Gay Health Education Foundation, Inc., and interim director of the Resource/Information Project of F.A.R.O.

"As this health crisis has grown from the concern of officials in major metropolitan centers, to a national and international health emergency that threatens the well-being of all citizens, we have found that a single voice to coordinate efforts for funding of medical research to combat AIDS and to coordinate the efforts of federal agencies on behalf of persons with AIDS is needed," added Virginia Apuzzo, Executive Director of the National Gay Task Force and a temporary steering committee member of the F.A.R.O. lobbying project.

F.A.R.O.'s first projects, the Lobbying Project and the Resource/Information Project, were created at the June 83 Fifth National Lesbian/Gay Health Conference in Denver. Permanent steering committee members represent seven local communities (New York, Los Angeles, San Francisco, Atlanta, Denver, Houston, and Philadelphia), four national groups (National Gay Health Education Foundation, National Gay Task Force, Women's AIDS Network, and American Association of Physicians for Human Rights), and three person with AIDS.

The permanent steering committee met August 13-14 in New York City to determine the course of the first two projects.

Funding for the Lobbying Project began with commitments of more than \$100,000. The Resource/Information Project, currently in a needs-assessment phase, is being funded for this phase by assessing each of the founding 38 groups a minimum of \$50.

Donations for the Lobbying Project may be sent to Paul Popham, Treasurer, F.A.R.O. Lobbying Project, Gay Men's Health Crisis, Box 274, 132 W24th St., NYC, NY 10011.

Donations for the Resource/Information Project may be sent to Ron Vachon, Interim Director, Resource/Information Project, F.A.R.O., 506 W42nd St E5, NYC, NY 10036.

AIDS-related organizations wishing to join F.A.R.O. should contact Ron Vachon. *

AIDS Seminar Set For Health Workers

A seminar entitled "AIDS: Personal and Public Health Issues" will be held Wednesday, October 12, from 8:30 a.m. to 4 p.m. at the Hotel El Rancho in West Sacramento.

This seminar is designed to give medical professionals a general overview of the AIDS epidemic. The speakers at the seminar will be Doanld Ira Abrams M.D., James Chin M.D., Brian Dobrow M.P.H., Selma K. Dritz M.D., Neil M. Flynn M.D., Murray Briggs Gardner M.D., Gil Hawkins, Jackson Peyton, and Sanford E. Pomerantz M.D.

This seminar is sponsored by the California Public Health Association (CPHA), Sacramento AIDS/KS Foundation and California Department of Health Services. Fees for the seminar are as follows: CPHA member \$30, non-physician \$45, physician \$75; materials and lunch are included.

Six hours of continuing medical education credits may be earned by the following: Physicians category one, Bureau of Registered Nursing, and Pharmacists.

Persons interested in attending should contact Jim Howard at the California Department of Health Services, 322-4787. *

13th Far West Regional Conference
on Women and the Law
presents

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with
Diane Lindsay**

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September 16
through
November 5



Fridays & Saturdays 8:30 P.M.

\$7.50 General Admission \$6.50 Student

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WITH THIS AD!**

Sac History Center Is Studying City's Ethnic Communities

The Sacramento History Center and the City of Sacramento have received a grant from the California Council for the Humanities of \$94,000 to study the 22 major ethnic communities that live in the Sacramento area.

The History Center has contracted the help of 20 scholars to conduct the survey under the direction of Dr. Joseph Pitti, Professor of History and Ethnic Studies at CSUS. The results of this survey will be incorporated into the Community Gallery of the Sacramento History Center, currently under construction in Old Sacramento.

The scholars will be studying each ethnic and regional community in depth, interviewing people, and looking for photographs and items of historic importance. The information solicited from Sacramento's numerous ethnic and regional communities will also enable the History Center to produce a film about the area's diverse cultural heritage.

The Sacramento History Center is a partnership between the City, the County and Sacramento History Center, Inc., a private organization. The museum is being constructed in Old Sacramento at Front and I streets and is scheduled to open Summer of 1984.

The History Center will feature five galleries. The Community Gallery, where the findings of the ethnic survey will be featured, will be one. Permanent exhibits, computer banks, and a two and a half hour film will chronicle the development and impact of Sacramento's ethnic and regional communities.

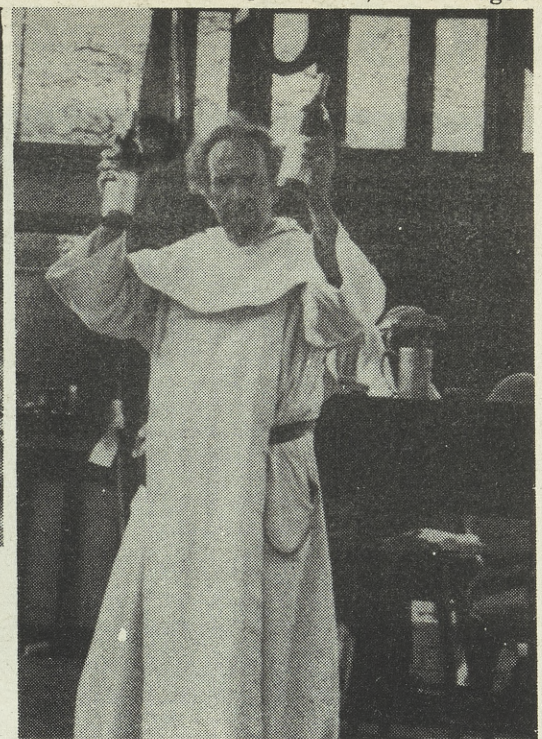
Persons interested in contributing to the Sacramento Ethnic Communities Survey in any way should call the Sacramento History Center at (916) 447-2958. The History Center is currently located at 1930 J Street, Sacramento, CA 95814.★



STAR Photos by Tim Warford

The Renaissance Pleasure Faire

On Gay Day at the Renaissance Pleasure Faire, jugglers entertained in the Oak Forest (above) and a late-afternoon auction (right) benefited the AIDS/KS Foundation. Part of the gate receipts also went to the San Francisco parade committee and community service groups.



Radical Fairy Gathering In Napa Hills Oct. 17-23

A spiritual harvest moon gathering for radical fairies will take place in the hills of the Napa Valley from Monday, October 17, through Sunday, October 23.

The setting for the gathering is a beautiful 1,000-acre gay-owned ranch with meadows, wooded hilltops, lakes, 100-year-old stone walls, live oaks, waterfalls, hawks, deer, and other wonders of nature.

The weather is expected to be balmy during the day, with cool nights. Rain is possible, so participants should bring tents and raingear.

The gathering is a time set aside for celebration and creation, with such activities as dance, song, yoga, swimming, music-making, rituals, meditation, healing, mas-

sage, costumes, sex, hugging, kissing, and renewal.

The gathering will last for a full week, with three vegetarian meals a day. Those who are unable to attend for the entire week are invited to come for the long weekend, beginning with the Harvest Moon Ritual on Friday, October 22. The gathering will end on Sunday morning, after Saturday's Faerie Harvest Feast, with a Closing Circle.

According to Blossom of Bone, sponsor of the gathering, "We gather to create a sacred space to celebrate our abundance, give thanks for our blessings, and draw strength for our next endeavors."

"We invite peace-loving queer men, faerie warriors, gypsy shamans, nature spirits, and

former prom queens to join and listen with an open heart, rejoice in our oneness with Mother Earth, and embrace the mystery and magic of our being."

The capacity of the site is 200 people, so interested men should send in their registration fee as soon as possible, no later than October 1. The fee for the full week is \$96; for the extended weekend the fee is \$69. However, one one will be turned away for lack of funds.

To register, send your name, address, phone number, and check or money order for the appropriate registration fee to Blossom of Bone, Box 421103, San Francisco, 94103.

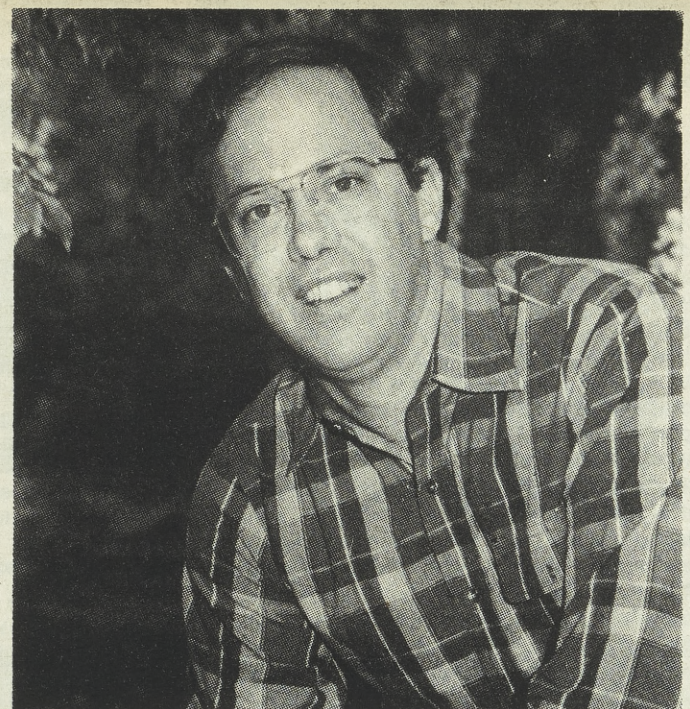
For more information locally, call Joe Balestreri at 441-1959.★

TIM HOWE

For

CITY COUNCIL

4th District



"THE BEST PERSON TO REPLACE ANNE RUDIN"

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Tuesday, September 27th

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RIVER CITY DEMOCRATIC CLUB

MUSIC



There were a wide variety of performance and participation experiences to enjoy at the West Coast Women's Music and Comedy Festival Labor Day weekend. Clockwise from above: belly dancer Sarah Johnson; Carol MacDonald and her band Witch; the closing day parade by the children of Camp Tell-Me-A-Riddle; the enthusiastic crowd cheering a performer on the main stage; former White House aide Midge Costanza leading a workshop; singer Margie Adam at the piano, her song interpreted in sign language for the hearing-impaired women present; devotees of Terpsichore, the Muse of Dance; a self-defence workshop practicing; one session of the daily singles group sharing energy and love; and pianist Barbara Higbie accompanying singer Teresa Trull.

Women's Music Festival: Energy, Pride &

By SANDY WILDE

The fourth annual West Coast Women's Music and Comedy Festival was celebrated over the Labor Day weekend at San Marcos Camp, 15 miles north of Santa Barbara. More than 1,700 women traveled from all over California, neighboring states, and Canada to participate in the four-day event. The campground, owned by Santa Barbara County and showing signs of prior use by scout troops and horse owners, provided luxuries unknown at previous festivals. Plentiful running water, 18 hot and cold showers, sinks with mirrors, and electric outlets and telephones were welcome sights to many a seasoned festival goer.

The camping facility also provided relief for the festival's producer, comic Robin Tyler. With permanent structures to house food preparation and serve as the night performance stage, less initial investment was necessary to prepare the grounds for the weekend's use. The terrain, layout, and fenced property borders minimized security needed to keep the land available for women-only use.

The physical layout of the campground provided easy access to festival activities. From the high meadow parking lot, it was a short shuttle to the lower meadow floor. Camping areas were separated into general camping; camping for mothers, friends, and children; clean and sober camping area; chemically-free space; and camping for disabled women and their friends. Out of the traffic flow was a space reserved for performers and festival coordinators.

As at other women's music festivals, each registrant was expected to work at least one three-hour shift while at the festival. Areas such as parking, food preparation and cleanup, security, rumor control, mental health services, and medical care were run by

volunteers. This donated woman-energy subsidized the conference costs and provided an opportunity for people to meet.

The sliding scale admission of \$80 to \$125 (for RVs without hookup) covered the use of the camping site, two vegetarian meals a day and hot (sometimes) and cold running water, plus roughly 15 hours a day of entertainment.

Workshops were held in the morning on a wide range of topics, including comedy, creative block, theatre, improvisation, voice, music and healing, American Indian medicine, touching rituals, pre-menstrual syndrome, past lives therapy, anger, aging, lesbian legal issues, anti-nuke movement, and self defense.

Running at the same time and into the afternoon, the "day stage" was scheduled with new performers and "open mike" times. The main stage entertainment consisted of three music sets in the afternoon and three comedy sets in the evening. After the comedy each night, blankets and lawn chairs gave way to disco records and rhythmic dancing.

Women artists sold their crafts; books, T-shirts, pottery and jewelry, parachute pants, etched crystal, leather wallets, and ceramic wares tempted festival goers. Merchants from the Sacramento area included The Flower Bird And The Unicorn and Willowroot.

Festival organizers focused attention on the special needs of lesbians. A camping area for differently-abled women was designated. A shuttle van, equipped for the disabled, provided transportation to the stage and workshops. Paths were opened and marked for women in wheelchairs, and all concerts and many workshops were signed for the hearing-impaired women. A clean and sober tent was staffed 24 hours a day by the Alcohol Center for Women of L.A. A chemically-free

space was designated for the concert areas.

A meeting of single women attending the festival was included in the workshop schedule each day. Facilitated by Joy Earn, more than 100 women gathered daily to talk, meet new friends and participate in group activities. Different group activities were scheduled for women with athletic interests (hiking and volleyball) and professional and academic interests (backgammon). For those feeling shy, the group planned a place to have their meals, meet before a concert, or gather during the disco music.

The festival goers dealt with the inconveniences of camping in the out-of-doors. Poison oak (known as "the big P.O.") threatened the bodies of many. Women were warned to watch out for black widow spiders, while ants and flies were everywhere. One comic's performance was upstaged by a woman who unexpectedly found a mouse in the pants she was wearing. Smoking was a hazard, and those who did carried a can for their ashes and butts. The drinking water had a high sulfur content—safe to drink, but smelling of rotten eggs.

Working to cover the financial loss incurred at previous year's festivals, the concession stands were run by the producer and sold soda, beer, hot dogs, and hamburgers. Tickets for chicken, sirloin-burgers, and vegetarian burgers could be purchased for \$2 to supplement the festival's standard dinner fare of salad, fruit, tabuli, and peanut butter and bread.

By the standards of other festivals, the entertainment was skimpy. Big name performers were scarce, with Margie Adam and Teresa Trull with Barbara Higbie providing the major draw. Ann Weldon and Carol MacDonald sang to tapes of their bands' music, saving festival organizers the cost of the musicians' travel. Less-known performers from Southern California rounded out the





Pride & Strength

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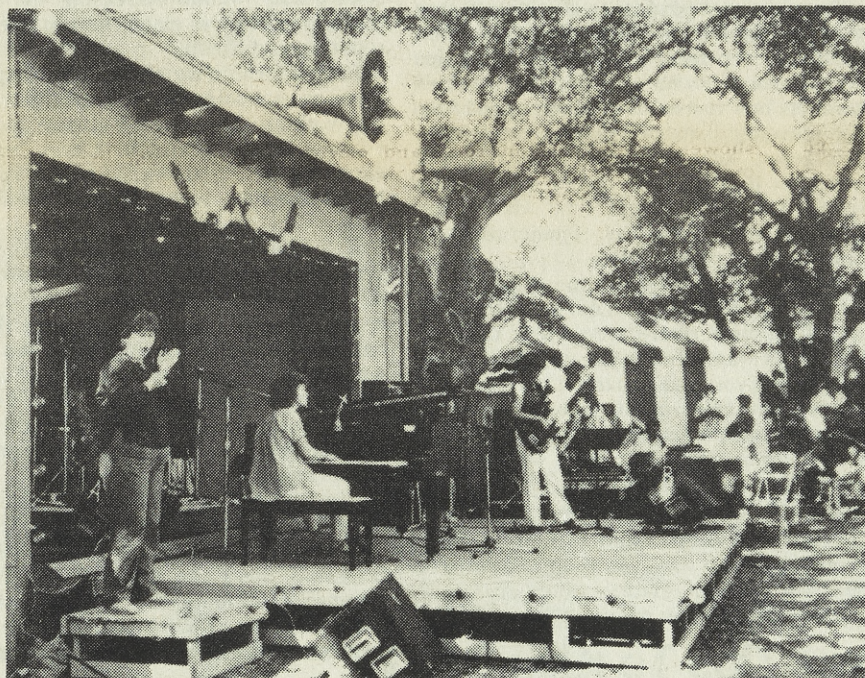
One refreshing new group was Kellie Green & Company. Kellie, a classical pianist, performed a range of instrumental music from Gershwin to Beethoven, backed up by bass guitar and drums.

Though the comedians were all women, their material was not exclusively feminist in nature. At times, the audience expressed dissatisfaction with comments that could have been taken as racist, sexist, ageist, and fat-ist. Unlike most musical performers, who were known to the audience as lesbian, either practicing or political, two of the comic performers discussed their heterosexuality in their routines.

Producer Robin Tyler appeared on the stage many times throughout the festival to recruit volunteers, make announcements or scold the audience to behave as she wished. Her comic presentation offered few new jokes, most of her material having been performed previously in her festival appearances or tours.

Near the festival's end, Tyler announced that the festival broke even financially and the \$50,000 deficit from 1982 had been made up. She stated that the 1984 festival would again be in Santa Barbara on the Labor Day weekend. Next spring she will take her production company to Atlanta to stage the first Women's Music and Comedy Festival in the South.

Since 1976, when the first Michigan Womyn's Music Festival was held, thousands of lesbians have been coming together to live on women-only land for a summer's weekend. The festival provides a glimpse into a separatist's world, a test of the vision that lesbians can develop a new way of living, independent from the straight world. It is difficult to attend a festival and not feel moved by the energy, pride, and strength of the lesbian women there.★



Star Photos by Sandy Wilde



The Fitness Commitment: Getting Started

By RICK RUMAN

If you are one of the people who has chosen to go flaccidly amidst the noise and haste, you are the exception rather than the rule. For those who have the time and money to devote to it, fitness seems to have become a near-obsession.

If you are one of the people who has decided to reshape and mold your body into a thing of beauty, then given it up as hopeless a short time later, you have lots of company. A friend in the business of selling gym memberships once told me that three out of four people who join a gym will stop going after one month.

Part of the problem may be that most people don't realize that a successful and effective exercise program requires nearly as much research and planning as it does exertion and perspiration.

Before you lift your first weight or attend your first exercise class, you will need to take stock of your current physical condition, decide what your definition of fitness is, and set goals for your exercise program. Do you want to have a more muscular body? Improved muscle tone? More endurance? More flexibility? Do you want to lose or gain weight?

All these things are possible, but it is up to you to design a program to achieve your goals; a program that you can live with for more than a month.

DIET AND HEALTH

No exercise program will give you the kind of results you seek if you neglect your diet and fail to get the proper amount of rest.

The proper diet doesn't mean eating only so-called organic or natural foods, or taking a handful of vitamin pills. But you do need to eat regular wholesome meals and get enough sleep so that you aren't dragging around all day.

Generally, use your own common sense. You probably won't want to smoke cigarettes, for example, if you are serious about your exercise program. Cigarette smoking raises the carbon monoxide level in your blood and will leave you gasping for breath when you work out—the very time when you need plenty of oxygen in your blood to supply your muscles for the work you want them to do.

If you are trying to gain weight, the only way to do it is to eat more of the foods you like. Most weight-gain supplements are, in my experience, a waste of money. They are generally expensive and consist mainly of powdered milk, sugar, a few vitamins and minerals, and flavoring.

If you are trying to lose fat and trim down, it is best *not* to start dieting and exercising at the same time. Dieting alone may make you feel tired and listless at first; in combination with a vigorous exercise program it could get

you discouraged in a hurry.

If you have devised a good exercise program, and don't *increase* your calorie intake, you will begin to lose fat—but not necessarily weight (you'll be gaining muscle and muscle weighs more than fat). Watch the scales and your physical appearance (this is where photos taken before you begin your program come in handy) to judge your progress.

WEIGHT TRAINING

Weight training is one of the most popular forms of physical training, especially for men, because it can make a dramatic difference in one's appearance—and self-confidence. However, it demands determination and self-discipline.

Before you start on a weight training program, take a good look at yourself. You may want to undress and stand in front of a full-length mirror so that you can evaluate your strengths and weaknesses and see where you want to increase, or decrease, muscle mass. This will help you to determine the type and number of exercises you want to do.

Have a friend take your measurements (to ensure accuracy) before you begin the program, and recheck and record them at regular intervals later. You may also want to have a friend take some photographs of you so you'll have a visual record of your progress.

The easiest way to develop a good weight training regime is to join a gym. You can work out at home of course, but you will have to invest in equipment which can be quite expensive initially, and as you advance in your program you will have to purchase more.

The additional advantage of joining a gym is the benefit of instructors' advice and other members' experience. Although all gyms have instructors who are supposed to show members how to use the equipment and help them develop a suitable program to achieve their goals, some are not particularly well informed. In any event, every gym has its Arnold Schwarzenegger type who, if approached in a friendly way, is generally more than happy to offer advice.

If you would rather go it alone in developing your program, get some books on weight training—there are a lot of them on the market—and choose the exercises which seem to suit your needs best. It is also a good idea to learn at least a little about the muscles in your body and to pay close attention to what is happening when you lift a weight in a particular way. In this way you can adapt an exercise to best fit your needs.

If you have never lifted weights before, decide how much time you want to devote to your daily workout. Half an hour? An hour? To achieve consistent progress you will have

to work out about every other day. In weight training, the muscle is stressed during the workout, and then resting on the following day allows your body to rebuild the muscle thicker and stronger than it was before. That's why it's called *body building*.

You can work out every day if you like, but don't exercise the same muscle groups. You may want to do exercises only for your legs one day; only for your upper body the next.

If possible, pick a regular time for your workout. If you think of it as a regularly-scheduled activity, you will be more likely to stick with it. Decide what time of day is best for you. I find that I feel best if I go to the gym right after work (since I sit around all day writing and reading). If you join a gym, you will find that certain times are more crowded than others (generally any weekday evening between 5 and 7—and particularly on Monday at that time).

If you have a variable schedule that prevents you from getting to your workout at a regular time, try to find someone to work out with. Knowing that someone is going to be there waiting for you can be a great impetus to show up. And, a friend can give you the little bit of help you need to get in those one or two extra repetitions that speed along your progress.

When you begin your program and are selecting the amount of weight you are going to work with, choose weights that allow you to perform each exercise in *good form* for approximately eight repetitions (the last repetition should be quite difficult). Once your program is in full swing you should increase the amount of weight you use whenever you can do 12 to 15 repetitions comfortably. When increasing the weight, add just enough to make the last one or two repetitions difficult.

Proper form in weight lifting is important. If you are not doing the exercise right, you are not working the intended muscle group and you may injure yourself. Check books for examples or, if you work out at a gym, ask a knowledgeable instructor or member for help.

If you haven't got any regular exercise for some time, the first few workouts are bound to leave you feeling tired and sore—one reason why weight lifting requires determination and self discipline—and the reason why so many people get discouraged and give up before they really get started. It's difficult to get up the gumption to lift weights if you can barely pry yourself up off the mattress in the morning.

For this reason, the most basic rule of weight training is: Don't rush into it.

The old weight trainers' adage, "No pain, no gain," isn't the whole truth. You can somewhat mitigate the soreness you may experience by properly warming up before

your workout and taking time to cool down after. Before you begin your workout, do some stretching and walking, jogging, or bicycling for five to 10 minutes (many gyms have stationary exercise bicycles that are fine for this purpose).

Then, following your workout, stretch out the muscle groups you have worked and allow your body to cool down—this is the best way to prevent soreness the following day. There are several ways to cool down following a workout: walking, riding a bicycle, or swimming at a leisurely pace until your heart rate returns to normal. I prefer swimming; it feels wonderful after a workout and it helps to stretch out most of the major muscle groups as well.

Stretching in a lukewarm (not hot or cold) shower is also an effective way to prevent soreness.

It is probably *not* a good idea to plop yourself down in a hot whirlpool or sauna immediately after a strenuous workout. Your heart will already be working hard, and high temperatures will dilate your blood vessels and force it to work even harder. You may feel weak and lightheaded and, if you stay in too long, you could pass out.

Keep track of your progress to encourage yourself. You can maintain your own record (a three-by-five card or small notebook is handy) or some gyms provide cards on which to record increases (or decreases) in your measurements and the amount of weight you can lift for each exercise.

It is best to have someone else take your measurements to ensure accuracy. Follow your program regularly for at least a month before taking your first "after" measurements. If you have been conscientious about your program, you should see some results by that time.

After six months, take another look at yourself in the mirror and evaluate your progress and your program to see if you want to make any changes. You may want to take more photos at this time.★

Don't miss Part 3 of "Fundamentalists: The Assault on Gays" in the next issue of The Star

The Black & White Photo Lab

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Blakely Provides Strategy Tips To Kick Off NOW Focus 6 Feminist Lecture Series

By SANDY WILDE

The sixth annual Focus Lecture Series, sponsored by the National Organization for Women, began October 10 with a presentation by Mary Kay Blakely, author, humorist, and contributing editor to Ms Magazine. More than 200 women and a handful of men attended her lecture entitled, "Temper Tantrums and other Strategies for the 80's."

Blakely stated that feminists need to realize that "wild women don't get the blues," or at least they get them less. She noted that in 1983 we are still recycling the ERA banners and signs from eight years ago. She recommended that we forget politeness, petitions, common sense, and logic, and throw a strong, well-organized temper tantrum, to catch the decision-makers off guard.

Another piece of her writing that she shared with the audience described her Henry Hyde dream. She outlined a fantasy nightmare in which hundreds of thousands of women, who could not control their reproductive lives because of compulsory pregnancy legislation pushed by Henry Hyde, sent Representative Hyde their new-born babies. It wasn't long before an overwhelming cry was heard from Hyde's nursery, for subsidy

and assistance with child care, medical care, and education.

Blakely's appearance was thought-provoking while humorous. She was at her best when she answered questions from the audience on the status and future of feminism across the United States.

The NOW Focus 6 Lecture Series will continue with appearances by Midge Costanza (October 15), Letty Cottin Pogrebin (November 12), and Sally Edwards (December 3). An \$8 ticket buys a glimpse of women's strength, power, culture, and determination.★

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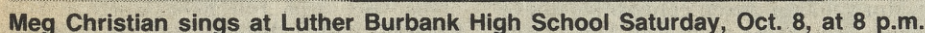
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Women's music covers the spectrum from feminist folk music to classical, including jazz, gospel, bluegrass, blues, rock, pop, and punk. Recording artists tour the country presenting concerts, selling their tapes and albums, responding to the changes in and being a major part of women/lesbian culture.

Locally, on October 8, Meg Christian with Diane Lindsey will be performing for the 13th Far West Regional Conference on Women and the Law, at Luther Burank High School. On October 28, Cris Williamson will perform at the Hiram Johnson High School. Tickets are available at Lioness Books, 2224 J Street.

tradition. The plot takes off from a mysteriously arranged meeting between a psychologist/parapsychologist and the young heir to an old New England family fortune. The heir relates to the good doctor the story of how his twin brother had died, when they were children, in a family home called China House, and of his conviction that the spirit of his twin has remained with him all his life and waits for him at China House. The proposition he makes to the doctor is to go with him to the estate and to use scientific know-

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Volleyball Anyone?

By RICK VAN DYKE

Our River City Family, Sacramento's gay and lesbian social organization, is coming up on its fourth anniversary, reports Director **Paul Schierenberg**. ORCF sponsors community volleyball every Thursday evening from 7 till 11 in the Sacramento City College Women's Gym. After a short summer recess, play resumes October 6. All equipment is provided, but there's a \$2.50 weekly facility charge. You can also get a \$10 pass good for five consecutive sessions. ORCF also sponsors other activities, including a bicycle ride leaving Old Sacramento at 9 a.m. Saturday, October 8, and a potluck at 7 p.m. on the first Saturday of every month. October's will be in the home of **Dennis Oehler** and **Rick Yadon**. You bring your own beverage and a dish to feed four to six people, and the Family provides the rest. For info about ORCF and its activities, call Paul at 447-1065.

If Sacramento City Police Chief **Jack Kearns** accepts the invitation of **River City Business Association** to speak at its October meeting, someone should ask him about police protection for pedestrians around the midtown bars after closing time on weekends. Just recently, five youths with knives and broken bottles mugged and robbed lawyer **Phil Hoskins** and friend **Jeff Fellows** at 19th and K Streets as they were walking home from after-hours at the **Wreck Room**. With all the foot traffic in that neighborhood, it shouldn't take ten minutes for a lackadaisical cop to show up.

The Lesbian & Gay People's Union at CSUS began their 12th year on Thursday, September 15, with 53 people (21 women, 32 men) at a general meeting to hear plans for the year (a Women's Collective, a Men's Collective, a People of Color Collective, and joint potlucks) and to see the excellent videotape "Lesbians, the Invisible Minority" and the film "Pink Triangles."

Also in collegiate news, there's a new lesbian/gay student group at **American River College**. Called "Man to Man, Woman to Woman," it meets every Monday from 1 till 2 p.m. in room D-401, Davies Hall.

Raza del Ambiente, the new lesbian/gay Latino/Native American organization, is having a "Don't Forget to Bring the Salsa" potluck at 7:30 p.m. on Saturday, September 24, at 1701 O Street, #110. And on Friday, October 7, starting at 6:30 p.m., Raza del Ambiente will sponsor a wine and cheese reception followed by an art auction of works by local Chicano/Native American artists. This event, a benefit for the organization, is set for 1714 Poplar Lane in Davis. For information about Raza del Ambiente and these activities, call **Xavier** at 456-1942 or **Chica** at 444-6371.

Owners of Mercedes Benz and BMW automobiles are invited to an organizational meeting of the new **River City BMW and Mercedes Benz Car Club** on Thursday, October 13, from 8 to 9:30 p.m. According to co-founders **Mark Whisler** and **Cindy Jansson**, the club's anticipated goals are to have one or two rallies yearly; to sponsor a discussion of group purchasing, repairs, and discounts; swapping repair shop information; and private dinners to share information. Plans are to meet three or four times a year, and to keep the membership list strictly confidential. **Cindy Jansson**, 442-4639, has information about the place of the first meeting.



Rick Van Dyke

Dignity/Sacramento has announced that their annual **Hallowe'en Party**, set for Saturday, October 29, will be a benefit for the **Gay Spousal Rights Legal Fund**. The party, in the St. Francis Social Hall at 26th and K Streets, will begin with a buffet at 7 p.m., followed by dancing and entertainment at 9. Tickets, available at St. Francis Church, 1112 26th Street (phone 443-8084 or 443-8939), cost \$5. There's a \$1 rebate at the door if you come in costume. The Least Appropriate, Most Colorful, Tackiest, and Ghouliest costumes will receive awards. There will be a Gong Award too, plus door prizes.

Davis' Blue Mango Coffee House is seeking musicians of all kinds to perform Thursday through Saturday nights from 9:30 p.m. till midnight in a relaxed, comfortable atmosphere. Classical, international, folk, jazz, blues, and acoustic rock solo and group acts are invited to audition. Performers get a small stipend, meal coupons, and tips. Call the **Blue Mango**, 756-2616, or **Russell St. Clair**, 753-7626, for information or an appointment to audition.

The popular women's music trio **Heart'n'Sole** invite their friends to help them celebrate their first anniversary at the **Blue Mango**, 330 G Street, Davis, on Saturday, October 1, from 9:30 p.m. till midnight. In addition to their good music, they'll be serving sparkling cider and cake as their way of saying "Thank you for all your support!"

A show of nurturing images by **K. Martin-Kuri** is on display through October 14 at the **Aditi Gallery**, 1408 J Street.

"Prime Slices," a show of constructions in plexiglas "found pieces" by **Suzan Goodman**, opens October 3 and runs through October 28 at **Earhart's Cafe**. The cafe, at 1905 16th Street, is open Monday through Friday from 10 a.m. till 3 p.m.

Silo Natural Foods at 2411 J Street has a fabulous new neon sign in their window. It duplicates their classy logo. Another great neon is just up the block at **Celestin's**, the to-be-Creole restaurant that's been on the "opening soon" list for months. Sure wish it would: the neighborhood is really shaping up.

"Smoking Spoils Your Performance" is the message of a new color poster featuring opera star **Placido Domingo** and offered free by the **American Lung Association**. Call toll-free 1-800-824-7888, operator 535, to get your free poster of the world's leading tenor, who recently flew across the country at the last minute to save the opening night of the **San Francisco Opera** season by filling in as **Otello** when scheduled tenor **Carlo Cossutta** lost his voice the morning of the performance.

A new catalog, listing more than 1100 "books of merit on the gay male experience," is available for \$2 from **Paths Untrodden**, P.O. Box 459, Village Station, New York, NY 10014-0459. Paths Untrodden is a gay-owned mail-order service specializing in hard-to-find and out-of-print books and those from small and foreign presses. Most of its titles are by gay authors and help gay men understand and appreciate themselves.

Advertisers have until September 30 to get their ads into the new lesbian/gay telephone directory/community resources guide, **The Gay Book**, according to publisher **Jon Berliner**, formerly of The Gay Areas Directory. Call 415-863-3333 to reserve space for your ad in this free book that will be distributed throughout the West.★

LA Group Plans Accommodations For Gay Visitors To The 1984 Olympics

Jean O'Leary, the co-chair of "Gay Housing L.A. '84" and executive director of National Gay Rights Activist Advocates, says that members of the Los Angeles gay and lesbian business community will offer housing with "the kind of privacy and environment the gay and lesbian visitor is looking for" while visiting the Olympics next summer. The Associated Press reported.

"We know there'll be a lot of gays coming into town and we will be giving them other choices—giving them the alternative lifestyle at its best," she said.

"I think it's more of a specialty than a need. We will be providing extra services—extra things that gay people like," said O'Leary.

Steve Montiel, spokesman for the Los Angeles Olympic Organizing Committee, said the committee is not arranging tourist lodging and declined comment on the project.

More than a dozen companies in Los Angeles are trying to match homes and tourists for the Olympics. Most charge a flat fee to list a house plus a 10 to 25 percent commission.

The gay housing project, working with the real estate firm of Bencangey and Associates, has signed 250 houses, ranging from beach houses in Malibu and Redondo Beach to deluxe homes in Beverly Hills and West Hollywood. In some areas, visitors could pay as much as \$250 a night.

Gay Housing L.A. '84 is also urging hosts to share their homes with gay visitors, by renting out rooms as well as entire houses.

The group will also produce "The Olympic Guide to Gay L.A.," O'Leary said. The guidebook will highlight gay restaurants, clubs, services, theaters and parties.

Project planners said a thorough

screening program will ensure that neither party gets ripped off.

In fact, they said, the project's only risk will be finding gay men and lesbians who are planning to come to the Olympics.

But O'Leary said that shouldn't be a problem, since an estimated 10 percent of the nation's population is gay.★

The Gay Book Will Have 'Clean' Ads, Offers Free Listings

Jon Berliner, former Managing Editor of The Gay Areas Telephone Directory, is now preparing to publish a competitive publication called The Gay Book, previously announced as The Gay Communities Directory.

The Gay Book will have heavy section dividers, better defined and easier-to-use Yellow Pages, and a collection of editorial material by recognized writers from the gay and lesbian community.

"There are some pretty significant differences beyond these," says Berliner. "We're eliminating nudity, and de-emphasizing salaciousness in The Gay Book's advertising."

"And we're limiting our distribution to the West Coast. I understand the Areas directory plans to go national with the same number of books we're producing, which makes for rather skimpy coverage."

"Also, the Gay Book will be absolutely free. Of course, our White Pages listing for individuals is free to anyone who asks for it."

Berliner expects the Gay Book to be in distribution by November 25. It will be available in Northern and Southern California, and the Northwest. For more information call (415) 863-3333 or (213) 656-0258. Or write The Gay Book at 470 Castro Street Suite 207, San Francisco, CA 94114.★

Dignity/Sacto Sends Three Delegates To International Convention in Seattle

Sacramento's 55-member chapter of Dignity, Inc. sent three members to participate in the organization's 6th Biennial Convention House of Delegates. They were chapter co-chairs **Alberta Lane** and **Kevin Bunker**, and regional representatives **Charles Yunker**.

Also attending from the Sacramento chapter were chaplain **Father Mel Bucher**, and members **Mark Schroeder**, **John Hilbert**, and **Jill Kelly**.

Several key issues were addressed by the delegates during their five-day series of business meetings. Most significant was the addition of "feminist issues" as a top priority in the organization's statement of purpose.

"Dignity's membership is largely male, and many chapters have had difficulty attracting lesbian members," explains **Alberta Lane**. "By placing feminist issues as a high priority, Dignity is clearly stating its opposition to sexism within its own ranks as well as within the Church."

Other important action included endorsement of the Report from the San Francisco Task Force on Homosexuality and Social Justice, and a rejection of a subsequent report on homosexuality issued by the San Francisco Priests' Senate.

A six-year Task Force to study sexual ethics within the tradition of the Catholic Church was also established.★



Photo Special to The STAR by Steve Warren

Representing Dignity/Sacramento at the Dignity International Convention in Seattle were **Jill Kelly** and **Alberta Lane** (front, left to right) and **John Hilbert** and **Kevin Bunker** (rear, left and right), shown with **Tom McLaughlin**, Region IX Director.

CALENDAR

Wednesday, September 21

- * The STAR is published.
- * Sacramento NOW chapter meeting. Sacramento Women's Center representatives discuss their programs. First Sacramento Women's Building, 2224 J Street. 7 p.m.
- * Sacramento Men's Collective business meeting. La Semilla, 312 20th St. 7:30 p.m. Call 441-1959 for information.
- * Rap group for the "Worried Well." Led by Tom Richardson and Jackson Peyton. AIDS/KS Foundation office, 2115 J St., Suite 3. 7:30 p.m. For info, call 448-AIDS.

Thursday, September 22

- * Support group for women facing major life changes. Sponsored by Women Changing Direction. First Sacramento Women's Building, 2224 J St. child care available by prior arrangement. For information call 444-8050. 7 to 9 p.m.
- * Class: Color and Design for Textile and Fiber Artists. Taught by Maria Winkler. For fee and registration information call 442-9225 or 685-9644. Sponsored by Sacramento Center for the Textile Arts. Room 11, Sierra II, 2791 24th St. 7-9:30 p.m.

Friday, September 23

- * Davis Gay Task Force Potluck. 7:30 p.m. Call 758-2110 for place.

Saturday, September 24

- * "Don't Forget to Bring the Salsa" potluck sponsored by Raza del Ambiente. Latino/Native American lesbians and gay men invited. Call Chica at 444-6371 for more information. 1701 O Street #110. 7:30 p.m.
- * "See How She Runs." All-day seminar for women interested in running for office and working in political campaigns. Sponsored by Sacramento chapter National Women's Political Caucus and Sacramento Women's Campaign Fund. Registration \$35, \$25 for members, lunch included. State Capitol, 8 a.m.-5 p.m. P.O. Box 161533, Sacramento 95816. Attn: Donna Dae. 969-8628.
- * Old City Community Issues & Action workshop sponsored by Sacramento Old City Association. Speakers include Assemblyman Phil Isenberg. Registration \$5 advance, \$6.50 at the door, includes continental breakfast by At Six. Sierra 2 Center, 2791 24th Street, Room 10. 8:30 a.m.-noon. For information and registration, call Gregg Campbell, 457-8340 or 454-6206.

Sunday, September 25

- * Worship Service. Young people's rap & social hour afterwards. River City Metropolitan Community Church, 2741 34th St. 454-4762. 11 a.m.
- * Chrysalis Neighborhood Church worship service. 3700 Y Street. 6 p.m. 736-0113 or 453-0791 for information.
- * Sacramento Men's Collective men-only potluck. 6 p.m. Call 441-1959 for place and directions.

Monday, September 26

- * American River College lesbian/gay students group, "Man to Man, Woman to Woman." Room D-401, Davies Hall. 1-2 p.m.
- * Women Changing Direction peer counsel or training. Call 444-8050 for more info.
- * CSUS Lesbian & Gay People's Union

open rap group. Miwok Room, University Union, CSUS. 7 p.m. Call Paul, 446-1171, for information.

Tuesday, September 27

- * Election Day. Sacramento City Council and Mayor election. Polls open 7 a.m.-8 p.m. Vote!
- * Auditions for the Thornton Wilder comedy "Matchmaker." Needed: 9 men and 7 women. Sacramento City Actor's Theatre. Call 449-7537 for more information.

Wednesday, September 28

- * Deadline for The STAR.
- * Sacramento Men's Collective open rap. La Semilla. 7:30 p.m. Call 441-1959 for information.
- * Clogging for beginners, presented by Ron Brewer and Sutter's Stompers. Call Joe, 441-1959, or Rich, 448-2036, for information. Volcano Room, Coloma Community Center, 4623 T Street. 7-8:30 p.m.
- * Auditions for the Thornton Wilder comedy "Matchmaker." Needed: 9 men and 7 women. Sacramento City Actor's Theatre. Call 449-7537 for more information.

Thursday, September 29

- * River City Business Association Board of Directors. Incredible Edible. 6 p.m.
- * Sacramento NOW Pizza and Postal Politics letter-writing party. Call 456-1600 for information and directions.
- * Support group for women facing major life changes. Sponsored by Women Changing Direction. First Sacramento Women's Building, 2224 J St. child care available by prior arrangement. For information call 444-8050. 7 to 9 p.m.
- * Class: Color and Design for Textile and Fiber Artists. Taught by Maria Winkler. For fee and registration information call 442-9225 or 685-9644. Sponsored by Sacramento Center for the Textile Arts. Room 11, Sierra II, 2791 24th St. 7-9:30 p.m.

Saturday, October 1

- * "Faith, War, and Peace in the Nuclear Age." A symposium sponsored by Sacramento Religious Community for Peace. Internationally noted speakers. All day at the Sacramento Convention Center. Call SCRP at 456-2616 for more information.
- * Our River City Family Potluck. For information, call Paul at 447-1065. 179 Gunnison Ave. (Northgate and I-880). 7 p.m.

Sunday, October 2

- * Worship Service. Young people's rap & social hour afterwards. River City Metropolitan Community Church, 2741 34th Street. 454-4762. 11 a.m.
- * Chrysalis Neighborhood Church worship service. 3700 Y Street. 6 p.m. 736-0113 or 453-0791 for information.

Monday, October 3

- * American River College lesbian/gay students group, "Man to Man, Woman to Woman." Room D-401, Davies Hall. 1-2 p.m.
- * CSUS Lesbian & Gay People's Union 1171, for information.
- * GNIE Bingo. Mercantile Saloon. 8 p.m.

Tuesday, October 4

- * Parents & Friends of Lesbians & Gays.

Carmichael Presbyterian Church, 5645 Marconi. Room 255. 7 p.m.

- * Rap group for people with Lymph Node Syndrome and CMV. Led by Kristine Belnap and Jackson Peyton. AIDS/KS Foundation office, 2115 J St., Suite 3. 7:30 p.m. To register, call 448-AIDS.
- * GNIE. Incredible Edible. 7:30 p.m.

Wednesday, October 5

- * The STAR is published
- * Rap group for the "Worried Well." Led by Tom Richardson and Jackson Peyton. AIDS/KS Foundation office, 2115 J St., Suite 3. 7:30 p.m. For info, call 448-AIDS.
- * Clogging for beginners, presented by Ron Brewer and Sutter's Stompers. Call Joe, 441-1959, or Rich, 448-2036, for information. Volcano Room, Coloma Community Center, 4623 T Street. 7-8:30 p.m.

Thursday, October 6

- * Support group for women facing major life changes. Sponsored by Women Changing Direction. First Sacramento Women's Building, 2224 J St. child care available by prior arrangement. For information call 444-8050.

CLASSIFIED

BARS

Bojangle's Disco, Scandals Lounge. Bojangle's age 18 and up. 7042 Folsom Blvd. 383-9982, 381-7311.

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Luna's Cafe and Juice Bar. 1414 16th Street. 441-3931.

Silo Natural Foods. 2411 J Street.

HEALTH SERVICES

Harvey Thompson, MD, Sandy Pomerantz, MD. Internal medicine. 441-2636.

Dr. Robert S. Kalal, Optometrist. Comprehensive vision care. 4444 Manzanita Ave., No. 7, Carmichael. 488-0370.

Therapeutic massage. 457-7433. Lani Fuzessery, State Certified Practitioner. \$20/session.

HELP WANTED

Advertising representatives wanted for The Star. 15% commission. 443-STAR or 452-1476.

Lesbian artist/cartoonist wanted for The Star. Call 443-STAR or 452-1476.

Reporters, writers, photographers wanted for The Star. Call 443-STAR or 452-1476.

7 to 9 p.m.

- * Volleyball for men and women. Sponsored by Our River City Family. \$2.50 facilities fee. Call Paul, 447-1065, for information. Sacramento City College Women's Gym. 7-11 p.m.
- * Class: Color and Design for Textile and Fiber Artists. Taught by Maria Winkler. For fee and registration information call 442-9225 or 685-9644. Sponsored by Sacramento Center for the Textile Arts. Room 11, Sierra II, 2791 24th St. 7-9:30 p.m.

Friday, October 7

- * Wine/Cheese Reception and Art Auction of works by local Chicano and Native American artists. Sponsored by Raza del Ambiente. For more information contact Xavier at 756-1942. 1714 Poplar Lane, Davis. 6:30 p.m.
- * Sixth Annual California Men's Gathering. Loma Mar YMCA Camp. Through October 10. For information call 446-3460.
- * Davis Gay Task Force Potluck. 7:30 p.m. Call 758-2110 for place.
- * 13th Far West Regional Conference on

Women and the Law. Sponsored by Women's Caucus of McGeorge School of Law. Call 739 7137 for information.

Saturday, October 8

- * Bike Ride sponsored by Our River City Family. For information call Paul, 447-1065. Bring sack lunch. Leaves Old Sacramento at 9 a.m.
- * SDA Kinship Potluck. 455-8940 for information.
- * Meg Christian Concert. Sponsored by Women's Caucus of McGeorge School of Law and McGeorge Lambda Law Students Association. Tickets \$8 at Lioness Books and Ticketron. Luther Burbank High School. 8 p.m.
- * 13th Far West Regional Conference on Women and the Law. Sponsored by Women's Caucus of McGeorge School of Law. Call 739 7137 for information.

Sunday, October 9

- * Worship Service. Young people's rap & social hour afterwards. River City Metropolitan Community Church, 2741 34th St. 454-4762. 11 a.m.

RETAIL STORES

The Greenery. The finest indoor foliage. 2524 J Street. 441-7922.

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Lioness Books. Sacramento's women's bookstore. First Sacramento Women's Building, 2224 J Street. 442-4657.

SERVICES

Apollo Hair. Total hair care. 2438 Loma Vista Drive. 484-7081.

Black & White Photo Lab. Custom processing and printing. Old photo restoration. 3271 Folsom Blvd. 455-5203.

Graphic design services. Illustration, layout, logo design. From concept to completion. Call Gene at 454-0106.

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Joe the Gardener. Cleanup, pruning, gutters. 448-4381.

Vacation Station Travel. 2336 Fair Oaks Blvd. 486-0911.

THEATRE

Chautauqua Playhouse. 25th and R Streets. 451-9604.

Showcase Cinema. 412 L Street. 446-4449.

Tower Theatre. 16th & Broadway. 443-1982.

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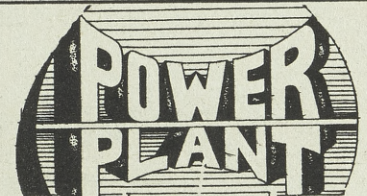
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HE TOOK THE CHANCE OF GETTING HEPATITIS B— AND LOST.



NOW THE CONSEQUENCES ARE JUST BEGINNING. CHRONIC ACTIVE HEPATITIS, CIRRHOSIS ... OR DEATH.

You undoubtedly know someone who's had it. The "bad hepatitis" that can keep you in bed for weeks and out of a job for months—that can cause lifelong disability and even death from cirrhosis or cancer of the liver. Where do you get it? From people who have become carriers of the virus. Today, it is estimated that at least 100,000 gay men are carriers of the hepatitis B virus and spread the infection through intimate contact. That's the main reason

why more than half of all gay men will sooner or later become infected.

How can you tell who's a carrier? You probably can't. Most carriers seem to be perfectly healthy, and many are themselves unaware that they harbor the virus.

Once you get hepatitis B, there's no specific treatment for it. But now there's something you can do to help protect yourself.

DON'T TAKE A CHANCE— CONTACT YOUR DOCTOR OR CLINIC AND ASK ABOUT THE HEPATITIS B VACCINE.

It is highly effective in those who receive all three shots. Do it today because you never know where or when you'll make contact with a carrier.

If you'd like more information about hepatitis B and the vaccine, call The American Liver Foundation at (201) 857-2626.

**This message is brought to you as a public service by
The American Liver Foundation.**

Studies showed that the vaccine protected against infection caused by hepatitis B virus in 85% to 96% of those who received the required three shots.

Hepatitis B virus is an important cause of viral hepatitis, a disease mainly of the liver. Even mild forms of this disease may lead to serious complications and aftereffects, including liver cancer. There is no specific treatment for viral hepatitis.

Vaccination is recommended for persons who have a higher risk of becoming infected with hepatitis B virus because of frequent, close contact with infected people or exposure to body fluids from such people. It will not protect against hepatitis caused by viruses other than hepatitis B virus.

Because of the long incubation period for hepatitis B, it is possible for unrecognized infection to be present at the time the vaccine is given. The vaccine may not prevent hepatitis B in such patients.

In three studies involving 3,350 persons, the overall rate of adverse reactions did not differ significantly in those given vaccine and those given placebo (an inactive substance). As with any vaccine, broad use often reveals rare adverse reactions not observed during clinical trials.

Over 200,000 people are estimated to have received the vaccine since its release, and the vaccine continues to be generally well tolerated. Hepatitis B has a long incubation period, and unrecognized infection may already be present at the time the vaccine is given. Thus, reported cases of hepatitis are to be expected and do not appear to be caused by the vaccine. Reactions such as fever, nausea, vomiting, headache, and local pain have occurred. Joint pain has been reported; rash has been reported rarely. Serious illnesses affecting the nervous system—including Guillain-Barré syndrome—have been reported rarely, but no cause and effect relationship has been established.